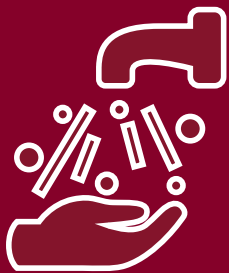


Be Health Smart...

for You and Your Community



Wash your hands:

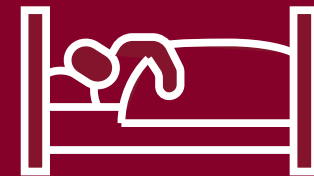
Use soap and water and wash for at least 20 seconds. To prevent the spread of germs, wash your hands often throughout the day, especially after coughing, sneezing, using the restroom or before handling food!



Avoid touching your eyes, nose or mouth.



Cough or sneeze into a tissue or your elbow, not your hands. Throw used tissues in the trash.



If you're sick, stay home from school or work. Avoid close contact with others.



Use hand sanitizer when you're on the go and can't wash.



Don't share food, drinks, utensils, or similar items.

Questions? Call:
UHS Triage Advice Nurse
at 413-577-5229

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